

51st Fighter Wing

Integrity - Service - Excellence

2012 Critical Days of Summer

**Week 2: Beat the Summer
Heat**





First Line of Defense

- Protecting your skin and limiting your exposure to the heat is critical to making your summer a great one.
- Sunscreen protects your skin by absorbing and/or reflecting UV radiation. The Sun Protection Factor (SPF) rating indicates how long a sunscreen remains effective on the skin. A user can determine how long their sun block will be effective by multiplying the SPF factor by the length of time it takes for him or her to suffer a burn without sunscreen.”



Feel the Thunder!



Combating Heat Related Illness

- When temperature pushes into the 90s and above and the humidity becomes oppressive, be alert for heat-related illness.
- Do I have heat exhaustion or heat stroke?



- How can I tell the difference?



- Now what?

Feel the Thunder!



Combating Heat Related Illness

- Heat exhaustion happens when your body gets too hot.
- You may experience:
 - Heavy sweating
 - Feeling weak and/or confused
 - Dizziness
 - Dark-colored urine
 - Nausea
 - Headache
 - Fast heartbeat
- If you think you have heat exhaustion, get out of the heat quickly. Rest in a building that has air-conditioning.
- Do NOT drink alcohol/caffeinated drinks
- If you do not feel better within 30 minutes, you should contact your doctor.

PREVENT HEAT STRESS





Combating Heat Related Illness

- If you think someone might have heatstroke, call emergency medical personnel immediately.
- While you are waiting for medical assistance, take the person into an air-conditioned building.
- Remove unnecessary clothing to help cool them.
- Try to fan air over the person while wetting the skin with water.





Preventing Heat related Illness

- **Hydrate!! Do not wait until you are thirsty. Hydrate!!**
- **Wear lightweight, light-colored, loose-fitting clothing.**
- **Limit your exposure to the heat.**
- **Avoid high intensity activities in the heat of the day.**
- **Electric fans may provide comfort, but when the temperature is in the high 90s, fans will not prevent heat-related illness.**



Heat Safety Links

- <http://www.cdc.gov/cancer/dcpc/publications/skin.htm>
- <http://www.foh.hhs.gov/NYCU/heatdangers.asp>
- <http://www.dodlive.mil/index.php/2011/08/summer-safety-the-dangers-of-extreme-heat/>
- http://www.nyredcross.org/?nd=summer_heat_safety_guide